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A Few Apples a Day . . .

By Dorothy Bloedel

They'll Keep the Joneses Happy

WHAT well-meaning mother has not worn a wrinkle in her brow wondering what under the shining sun to put on that dining room table next! Before she ponders and fusses too long she may happen to think of that cheery and versatile fruit, the apple, and the day is saved!

If all the Mrs. Joneses knew how they could please the Mr. Joneses and the little Joneses so easily it would be a happier world. The Mr. Joneses would be doubly pleased, for the grocer asks little money for a big sack of apples and that means more cash left for the coal bill that has to be paid next week.

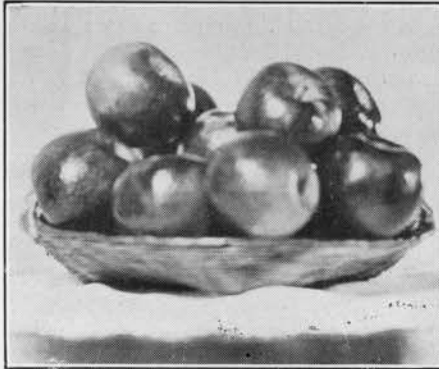
Any woman may dress up the same dishes she usually sets before her family with apple garnishes and, lo and behold, father and the youngsters will exclaim over their newness and prettiness. Or she may prepare and serve one of the many delicious apple dishes which are so good looking and so tasty, and be rewarded when little Johnny says, "Mom, when can we have that apple stuff again?"

Apples stored in a cool dry place keep their original fresh flavor for a long time. In cooking one should try to keep the tart, tangy sweetness which is characteristic of this flavor. To do this the apples should be cooked covered, in a small amount of water at a low temperature until semi-transparent and tender. Violent boiling is apt to ruin the original shape and makes the apples become mushy and soft. If they are uncovered some of the fresh flavor may be lost.

When making apple sauce add the sugar last so that the apple flavor rather than a sweet preserved taste will predominate. Apples, too, may usually be depended upon to add color to the table, and because of this it is nice to cook them with the skin on, which is possible if the skin is tender and sweet.

THE raw fruit may be served tastefully and attractively by making apple cups in which to serve salads. To do this cut a thin slice from the top of the apple, remove the core, and scoop out the apple pulp with a spoon until a cup is formed. The cup may be filled with any vegetable or fruit salad which is cut into small pieces, although it is preferable to use one which contains cubed apples. A vegetable which combines well with apples is celery. Nuts or dates may be satisfactorily used with apples also.

Halves of apples, pared, cored, and



Have an apple

cooked in water to which red coloring has been added make attractive salads when placed upon fresh, crisp lettuce leaves. The cavities in the apples where the core has been removed should be filled first with whipped cream to which cream cheese and nuts have been added.

ANY holiday means parties here, there, and everywhere. An excellent way to make your valentine party individual and "arty" is to prepare the following Valentine Salad.

3 large apples 1-2 drops pepper-
2 cups sugar mint or cinna-
1 cup water mon extract

Red coloring

Pare the apples and cut two slices as large as possible from each cheek. Cut each slice into a heart shape with a heart shaped cutter. Arrange in the bottom of a shallow pan. Make a syrup by boiling the sugar and water together for five minutes. Add the extract to the syrup and enough red coloring to make the apples very red. Add the apples and boil until transparent. Serve this salad in a bed of whipped cream and cream cheese with a little dard, cut from celery, running through each heart. With a few variations this salad can be made suitable to serve at any holiday meal or party.

The apple is such a mild, obliging fruit that it agrees with almost anything and is therefore a good mixer in any crowd. It adds an individual flavor to some vegetables when cooked with them. An example of this is the combination of sweet potatoes and apples. For this dish boil the sweet potatoes until tender. Butter a baking dish and slice the sweet potatoes into it about one inch thick. Sprinkle this with brown

sugar and dot with butter. Wash and core tart apples and slice into rings. Put a layer of these rings on the layer of sweet potatoes. Sprinkle with brown sugar and dot with butter. Repeat alternately with potatoes and apples until the dish is filled. Put a layer of the sugar and butter on last, and bake in a medium oven one hour, removing the cover the last few minutes to brown.

Some people like to cook very tart apples with red cabbage as it gives it an individual flavor and helps to preserve the bright color of the cabbage. Cook the two together until tender and serve with a sour sauce to which raisins have been added.

Meats are just meats until they're garnished and decorated, then they become a delight to the eye and even seem to taste better. Apples are colorful enough to really add to the attractiveness of the dish and mild enough to blend with any meat or vegetable served with the meat. A colorful way in which to prepare apples to be used as a garnish is to core them and cut into halves. Then press a small square of orange peel into the top of each half, place in a flat pan, cover with syrup and boil slowly until tender. These may be arranged on the platter around the meat.

That well known sweet tooth, which is most evident in growing children, may be at least partially satisfied with desserts made from apples. These are less rich and heavy than many desserts and therefore more quickly and easily digested. The following recipe using two fresh fruits is appetizing enough to put the finishing touch to any meal.

¼ cup sugar 4 apples
½ cup water banana
1 T. Butter

Make a syrup by boiling the sugar and water together for 3 minutes. Core the apples and pare a circle of skin from each top. Fill the cavities with thinly sliced bananas and arrange in a baking pan. Pour the syrup over the apples and bake in a moderate oven until tender. When done dot apples with butter and baste with the remaining syrup.

And thus may the American apple be glorified. For very little money one might even, if she wished, have every dish on the table filled with a different food containing apples, and every one appetizing. The ways of preparing apples are infinite.